

Broccoli Strawberry Orzo Salad

Prep time: 15 minutes

Makes: 6 Servings

Ingredients

3/4 cup orzo pasta (uncooked)

2 cups fresh broccoli (chopped)

2 cups fresh strawberries (diced)

1/4 cup sunflower seeds

Lemon Poppy Seed Dressing:

1 tablespoon lemon juice (fresh or bottled)

2 tablespoons apple cider vinegar

2 tablespoons olive oil

1 teaspoon sugar (or honey)

poppy seeds (1 teaspoon, optional)

Directions





1. Cook orzo pasta according to directions. Drain and rinse with cold waer.

2. In a large bowl, combine orzo pasta, broccoli, strawberries, and almonds. Drizzle with lemon poppy seed vinaigrette and toss to combine.

Nutrition Information

| Nutrients | Amount |
|-----------------------------|--------------|
| Calories | 146 |
| Total Fat | 8 g |
| Saturated Fat | 1 g |
| Cholesterol | 0 mg |
| Sodium | 30 mg |
| Total Carbohydrate | 17 g |
| Dietary Fiber | 3 g |
| Total Sugars | 4 g |
| Added Sugars included | 1 g |
| Protein | 4 g |
| Vitamin D | 0 mcg |
| Calcium | 28 mg |
| Iron | 1 mg |
| Potassium | 230 mg |
| N/A - data is not available | |

MyPlate Food Groups

| | | |
|---|---------------|-----------|
|  | Fruits | 1/4 cup |
|  | Vegetables | 1/4 cup |
|  | Grains | 1/2 ounce |
|  | Protein Foods | 1/2 ounce |

3. Season with salt and pepper. Chill in refrigerator until ready to serve.

Notes

Learn more about:

- [Broccoli](#)
- [Strawberries](#)

Source: South Haven Health System - Community Fit!